

FIT KIDS WEEKLY LOG



I'm a Fit Kid (Name) : _____

Fit Kids

My Reward for the Week : _____



Madison Family
Dental Associates, S.C.

	MON	TUES	WED	THURS	FRI	SAT	SUN
EXERCISE (At least 60 minutes)							
Outdoor Play							
Walking/Running							
Bike/Scooter Riding							
Sports: Soccer, Swimming, Dance, etc.							
Other:							
NUTRITION							
2 Servings of Fruit							
3 Servings of Vegetables							
5-8 Glasses of Water							
No Desserts or Candy							
Other:							
HYGIENE / REST							
Brush teeth 2 min. 2-3 times							
Floss teeth at least 1 time							
Other:							
UNPLUG							
Less than 2 hours of screen time							
10-12 Hours of Sleep							
Other:							



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